

Farmers' Market

COOKBOOK

Celebrate the

Seasons

with **Healthy Eating**

What's Cooking?

24 new recipes for you
and your family to enjoy!

Fun with Food

Special Kids Section on page 15

2017

Health Coverage is Always in Season.



So head over to MarylandHealthConnection.gov to learn more or call **1-855-642-8572** to see if you qualify for free or low-cost coverage.

The fun starts here!



A healthy diet includes eating a variety of fresh produce every day. Farmers' markets offer a range of locally grown fruits and vegetables to consumers. There are many benefits to purchasing produce from farmers' markets, including:

- Produce at farmers' markets is fresh. It is often picked a few days or even hours before you purchase it.
- Fruits and vegetables are picked when they are most ripe, which improves their flavor and texture. Ripe produce is also more nutritious.
- Shopping at farmers' markets give you a chance to meet and talk to the people who grow your food.



In Maryland, the farmers' market season begins in May and ends in November. You can extend the benefits of farmers' markets by freezing fruits and vegetables. Turn to page 6 for more information.

See you at the Market!

– your friends at WIC

**FARMERS MARKET
NUTRITION PROGRAM CHECKS**

**USE AT YOUR LOCAL
FARMERS' MARKET**

FARMERSMARKETFINDER.UB1.CO

Use your **WIC FVC** and **FMNP checks** at the farmers' market.
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Tips on how to create your own fun foods at home.
page 5

Discover the fresh way to freeze fruits and vegetables.
page 6

Recipes by the Season

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NEW Special **Fun with Food** section with fun recipes and activities for kids.

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A Salad for Every Season
page 26

MarylandWIC

1-800-242-4942 www.mdwic.org






Need help paying for child care?

You may qualify for help
from the Child Care
Subsidy program.

For more information,
call 1-866-243-8796



Quality child care and early
education matter. Find local
programs and providers for
your family.

www.MARYLANDEXCELS.org

How to use your WIC Fruit & Vegetable Checks (FVC) and Farmers' Market Nutrition Program (FMNP) checks at the Farmers' Market



It's easy, just follow these 3 simple steps!



- 1 Pick out the fruits and vegetables that you want to buy.
- 2 Tell the farmer you are paying with your **WIC FVC** or **FMNP** check.
- 3 Sign your check and give it to the farmer.

		WIC FVC	
AGENCY 111101	PARTICIPANT ID NO. 200 708 439	NAME OF PARTICIPANT (LAST, FIRST, M.I.) Test, Friday	CHECK NUMBER 65730059
FIRST DATE TO SPEND July 04, 2013	DATE RECEIVED 7	LAST DATE TO SPEND August 03, 2013	CARRIER FILL IN EXACT AMOUNT OF SALE DOLLARS CENTS
CATEGORY: PG TO BE USED FOR THESE ITEMS & QUANTITIES ONLY: 10 (Ten) dollars for Fruits and Vegetables		PARTISANT OR FIGHT DON FOR PRICE CORRECTION ONLY	
Also accepted by WIC Farmers		CHECKS NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR	
Maryland WIC Program	35,128, 100	SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY X	VENDOR MUST REPORT WITHIN 30 DAYS OF LAST DATE TO SPEND

WIC FVC Reminder

Be sure to look for the first date to spend and last date to spend on your WIC FVC check.

Maryland 2016 Farmers' Market Nutrition Program		Account # 808029	XXXXXX
Pay to the order of authorized Maryland Farmers' Market Vendor		75-1248/919	6/01/16 11/30/16
Farmer must deposit no later than December 5, 2016 NOT VALID AT GROCERY STORES		STAMP AUTHORIZED FMNP	FIRST DATE OF USE LAST DATE OF USE
Good for the purchase of fresh, locally grown vegetables, fruits, and cut herbs from a FMNP Vendor. Any other use constitutes fraud.		PAY EXACTLY \$ 5.00	NO CHANGE GIVEN
FRESH LOCAL MARYLAND		VENDOR NUMBER HERE	PARTICIPANT'S SIGNATURE

Spend your FMNP checks at the Farmers' Market anytime from June 1 to November 30.

Cook **TOGETHER**



Make meals and memories **TOGETHER**













It is a lesson they will use for life.

How many fruits and vegetables should you try to eat each day? *

	Child 2-3 years	Child 4-5 years	Women
Fruits	1 cup	1 - 1½ cups	2 cups
Vegetables	1 cup	1½ cups	2½ cups

* Offer these amounts to your children and let them decide how much to eat. SOURCE: choosemyplate.gov

How much is a half (½) cup serving?

Fruits	½ cup serving	
Apple	½ of a large apple (3½" diameter)	
Cantaloupe	1 wedge (⅛ of a medium melon)	
Green Grapes	16 seedless grapes	
Peach	1 small (2" diameter)	
Strawberry	4 whole large berries	
Watermelon	6 melon balls	
Vegetables	½ cup serving	
Broccoli	1½ spears (5" long)	
Celery	1 large stalk	
Corn	1 small ear (6" long)	
Lettuce & Greens	1 cup, shredded raw	
Sweet Potato	½ large baked (2½" diameter)	
Tomatoes	1 small raw (2¼" diameter)	

Fun Foods at Home

Here's what you need to get started:



- cutting board
- small sharp knife for cutting
- small spreading or butter knife
- peanut butter or cream cheese for 'glue'
- dried fruit, pretzels, or cake decorating supplies for extra decoration

and fruits and veggies of your choice!



The Fresh Way To Freeze Fruits & Vegetables

Preparation

1. Wash and dry fruit and vegetables.
2. Remove cores and pits.
3. Cut to desired size.

Blanching Vegetables

1. Bring a large pot of water to a boil. Add vegetables.
2. Once water returns to boil, cook vegetables 1-3 minutes. Blanching time varies by size and vegetable. Monitor closely, being careful not to overcook.
3. Remove from the boiling water and transfer immediately to a bowl of ice water.
4. Once completely chilled, drain, and dry well.

Packing

1. Freeze one layer of fruit or vegetables on a cookie sheet.
2. Once the produce is frozen, transfer it to a storage container.
3. Seal the container. Ensure there is no moisture or food left on the edges that will prevent a proper seal.
4. Label each container with the name and date. Be sure to use within 3 months of packaging.

What to look for at the farmer's market and what to make in **MARCH, APRIL** and **MAY**

Spring

Vegetable Egg Muffins

Makes 12 muffins

Ingredients

- 1 tablespoon olive oil
- 1 cup yellow onion, chopped
- 2 cups spinach, roughly chopped
- 1 cup mushroom, chopped
- 1 garlic clove, minced
- Salt and pepper to taste
- 6 eggs
- ¼ cup cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees.
 2. Grease a standard 12-cup muffin pan with cooking spray and set aside.
 3. Heat oil in a large skillet over medium heat.
 4. Add onion and saute until tender.
 5. Add spinach and mushrooms and cook until spinach wilts.
 6. Add minced garlic and cook an additional 30 seconds.
 7. Season vegetables with salt and pepper.
 8. Crack eggs into a bowl and whisk together.
 9. Stir in vegetables and cheese.
 10. Pour egg mixture evenly into prepared muffin pan.
 11. Bake for 15 minutes, or until the tops are firm to the touch and eggs are cooked.
 12. Cool slightly and serve immediately.
- These may be frozen and reheated in the microwave until warm.



Apples*
Asparagus
Broccoli
Cauliflower
Cucumbers*
Herbs
Kale
Lettuces
Mushrooms
Onions
Radishes
Spinach
Strawberries
Turnips
Tomatoes



*Product is available either through storage or greenhouse production



Salmon Salad

Makes 4 servings

Ingredients

- 2 7.5 ounce cans of salmon
(or 2 cups cooked, flaked salmon)
- 1 red or green bell pepper, diced
- 1 cucumber peeled, seeded, and diced
- ½ cup onions, chopped
- 3 tablespoons mayonnaise, or enough
to moisten
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste
- ½ lemon, juiced

Directions

1. In a large bowl, combine bell pepper, cucumber, onion, and mayonnaise.
2. Add seasonings and stir to combine.
3. Add salmon and lemon juice.
4. Toss lightly to combine.
5. Serve over lettuce or as a sandwich.

Cauliflower "Fried Rice"

Makes 4 servings

Ingredients

- 1 medium head cauliflower, rinsed (or 1 - 12 ounce bag frozen
or fresh riced cauliflower)
- Cooking spray, or 1 teaspoon vegetable oil
- 2 large eggs, beaten
- 1 tablespoon sesame oil
- ½ small onion, diced fine
- ½ cup fresh or frozen peas and carrots
- 2 garlic cloves, minced
- 5 scallions, diced, whites and greens separated
- 3 tablespoons soy sauce

Directions

1. Shred cauliflower florets using the largest side of a grater
OR finely chop with knife to the size and texture of rice.
(If using riced cauliflower, skip to step 2.)
2. Heat a large sauté pan or wok over medium heat and spray
or coat with oil.
3. Add eggs and cook, turning a few times until set; set aside.
4. Add sesame oil and sauté onions, scallion whites, peas and
carrots, and garlic about 3-4 minutes, or until soft. Raise heat
to medium-high.
5. Add cauliflower to the pan along with the soy sauce.
Mix, cover, and cook approximately 5-6 minutes, stirring
frequently, until cauliflower is slightly crispy on the outside,
but tender inside.
7. Add eggs and remove from heat. Mix in scallion greens.



Strawberry Rhubarb Crisp

Makes 8 servings

Ingredients

Filling:

- 1 pound strawberries, hulled and quartered
- 4 cups chopped rhubarb cut into 1" pieces (about 4 large stalks)
- 2 tablespoons orange juice
- 1 tablespoon cornstarch
- $\frac{1}{4}$ cup honey or sugar
- Chopped pecans or hazelnuts (optional)

Topping:

- 1 cup quick oats
- $\frac{1}{2}$ cup 100% whole wheat flour
- $\frac{1}{2}$ cup brown sugar, not packed
- 1 teaspoon cinnamon
- $\frac{1}{4}$ cup butter, melted

Directions

1. Heat oven to 375 degrees.
2. Combine strawberries and rhubarb in an oven safe dish.
3. Add honey or sugar and orange juice.
4. Sprinkle with cornstarch and toss until fruit is well coated.
5. Mix remaining ingredients for the topping in a medium bowl then spread over fruit.
6. Bake until topping is golden brown and fruit is bubbling, about 40 minutes.

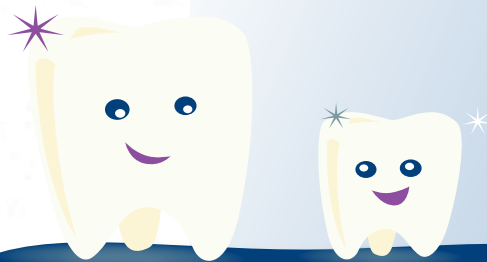


The Health of Your Mouth is Important During Pregnancy



It's true, the health of your teeth and gums can affect your overall health, and the health of your baby. It is important and safe to get dental care during pregnancy.

So make an appointment to see your dentist as soon as you know you are pregnant!



Healthy Teeth
Healthy Kids

In Maryland, dental care during pregnancy is covered by Medicaid. For more information or to find a dentist visit:
HealthyTeethHealthyKids.org.

Summer



Breakfast Parfait

Makes 2 servings

Ingredients

- 2 6-8 ounce cartons of lowfat yogurt (any flavor)
- ½ cup granola or other whole grain cereal
- 1 cup any fresh or canned fruit, cut into bite-sized pieces

Directions - for each serving

1. Spoon half of the yogurt container into a bowl.
2. Sprinkle granola on top of the yogurt.
3. Add fruit.
4. Spoon the rest of the yogurt onto the fruit.
5. Optional, garnish the top with a bit of reserved granola and fruit.

Recipe credit: FSNE, Maryland's SNAP-Ed Program



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplemental Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

Apples
Apricots
Asian Pears
Asparagus
Beets
Blackberries
Black-eyed Peas
Blueberries
Cabbage
Cantaloupe
Carrots
Cherries
Collard Greens
Corn
Cucumbers
Eggplant
Grapes
Garlic
Green Beans
Green Peas
Herbs
Honeydew
Lettuces
Lima Beans
Mushrooms
Nectarines
Okra
Onions
Peaches
Peas
Pears
Peppers
Potatoes
Plums
Raspberries
Strawberries
Summer Squash
Tomatoes
Watermelon
Winter Squash

Fish in Foil Packets

Makes 4 servings

Ingredients

- 1 cup cherry or grape tomatoes, quartered
- 1 cup summer squash, diced
- 1 cup red onion, thinly sliced
- 1 cup green beans, trimmed and cut into 1-inch pieces
- ¼ cup black olives, pitted and coarsely chopped (optional)
- 2 tablespoons lemon juice
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound white fish (cod, tilapia, or sole), cut into 4 equal portions
- Cooking spray
- Aluminum foil



Directions

Assembly:

1. Place green beans in a microwaveable bowl with 1 tablespoon water. Cover and microwave on high until the beans are just beginning to cook, about 30 seconds. Drain.
2. Combine tomatoes, squash, onion, green beans, olives (if using), lemon juice, oregano, oil, ¼ teaspoon salt and ¼ teaspoon pepper in a large bowl.
3. Lay two 15-inch sheets of aluminum foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray.
4. Place one portion of the fish in the center of the foil. Sprinkle with some of the remaining ¼ teaspoon salt and pepper, then top with about ¾ cup of the vegetable mixture.
5. Seal the packet, leaving extra room for steam to gather. Make sure all seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray, and remaining fish.

Cooking:

1. For grilling, preheat gas or charcoal grill to medium-high heat.
2. For baking, preheat oven to 425 degrees.
3. Place the packets directly on the grill or oven rack.
4. Cook for about 20 minutes, until fish is cooked through and vegetables are just tender.

To serve, carefully open packets to allow the steam to escape. Slide contents onto plates.

Farmers' Market Succotash

Makes 4 servings

Ingredients

- 2 fresh ears of corn, husked
- 1 tablespoon olive or canola oil
- ½ cup red onion, chopped
- ½ cup red bell pepper, diced
- 3-5 summer squash (yellow squash, zucchini, and/or pattypan squash), chopped into 1/2-inch pieces (about 1½ cups)
- 1 cup cooked or canned chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, sliced in half
- 1 scallion, diced (optional)
- ½ teaspoon smoked paprika (optional)
- 1 tablespoon fresh lemon juice
- Fresh basil leaves, chopped
- Salt and pepper



Directions

1. Slice the kernels off the corn cob and place in a bowl.
2. Heat the oil in a large skillet over medium heat. Add the onion and a pinch of salt and pepper. Let cook until soft, about 3 minutes, then add the red pepper and continue to cook for 2 more minutes.
3. Add the summer squash and cook for 5 minutes. Stir in the chickpeas and cook for 2 minutes. Stir in the corn and garlic, cook for 1 minute.
4. Add the cherry tomatoes, scallion, and paprika. Stir and cook 2 to 3 minutes. Turn off the heat and stir in the lemon juice and basil. Season with salt and pepper to taste.



Peach Popsicles

Makes 8 popsicles

Ingredients

- 4 large ripe, peeled peaches
- 1 tablespoon lemon juice
- 1½ tablespoons sugar
- Popsicle molds

Directions

1. Cut peaches in half, remove pits, and chop roughly.
2. Add the peaches to a food processor or blender.
3. Add sugar and lemon juice.
4. Puree until smooth.
5. Fill the popsicle molds to the top and then insert sticks.
6. Freeze until solid.

Parents of children ages 3-5



text4healthy tots

Text4HealthyTots

is a nutrition and physical activity text message program for parents with children ages 3-5. You will receive 1-2 messages each week with tips on:

- Healthy meals and recipes
- Cooking and eating together
- Picky eaters
- Activities for the whole family

Sample text messages:

Children like to choose their own foods to eat. Offer 2-3 healthy foods to eat at mealtime. Give your child control by letting them put food on their own plate.

Your child loves being active with you. Take them outside for a walk around the neighborhood. Have your child look for different shapes and colors when you walk.

Kids are more likely to try new foods when they get to pick them out. Visit the farmers market this weekend and let them choose a new fruit or veggie to try.



Sign Up Now!

Visit: www.text4healthy tots.com
or Text **COOK** to **30644**
(or Text **COCINAR** for Spanish)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

UNIVERSITY OF
MARYLAND
EXTENSION
Solutions in your community



Turn Sandwiches into Smiles

Draw a line to match the animal with its name.



Owl



Monkey



Bear

Then pick a sandwich to make or create your own using ideas below.

Eyes

- blueberries
- sliced egg
- olive
- raisins

Nose

- raisins
- carrot
- blueberry
- banana

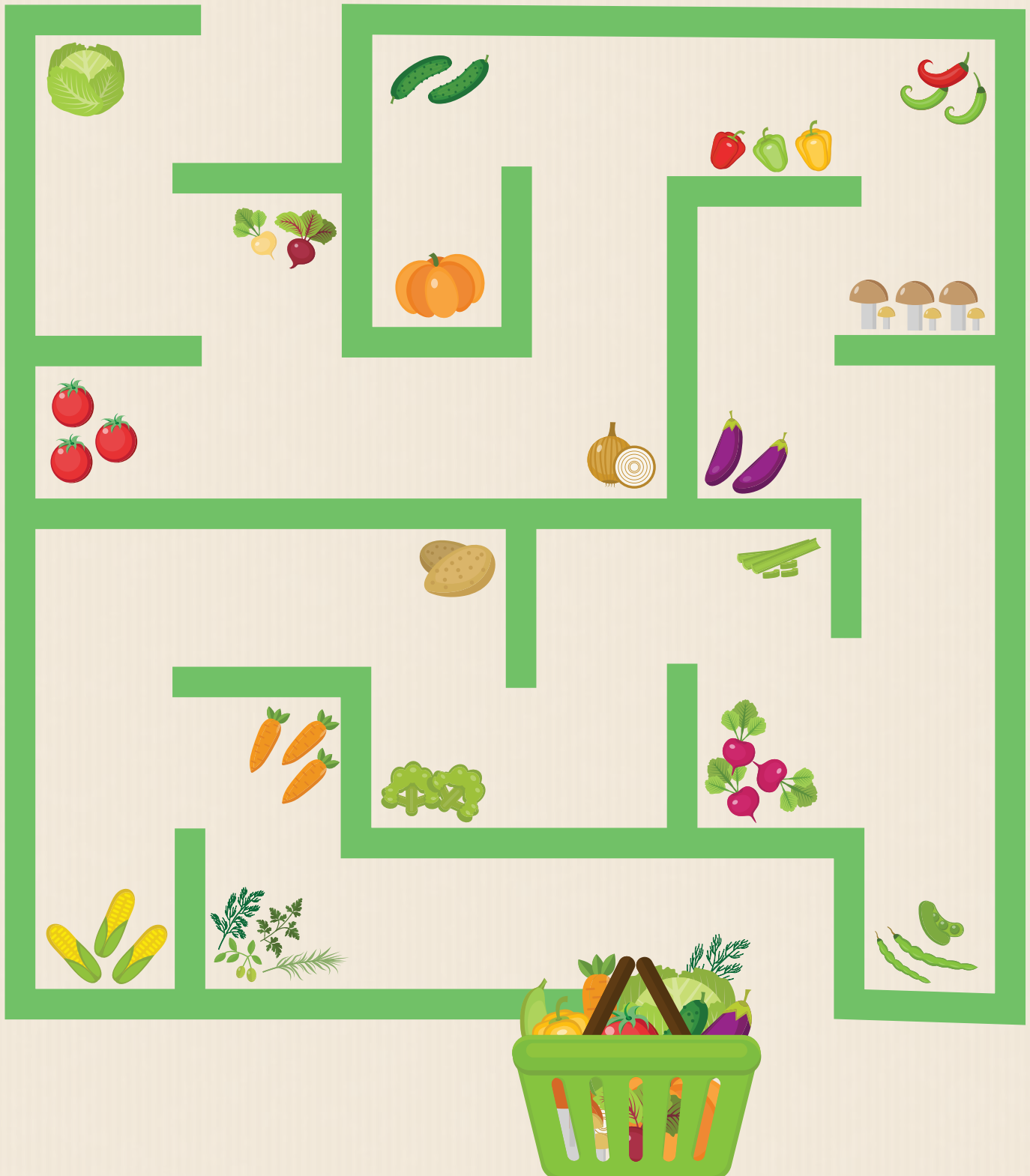
Mouth

- cheese
- sweet pepper
- cucumber
- strawberry

Farmers' Market Maze



Take a trip through the maze to find fruits and vegetables to fill your basket.



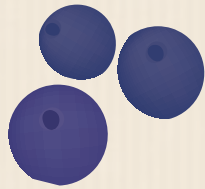
Eat Fresh Bingo

Fun with Food

Circle fruits and vegetables when you taste them.
You have bingo when you have 4 in a row!



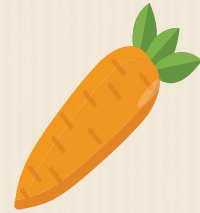
apple



blueberries



cabbage



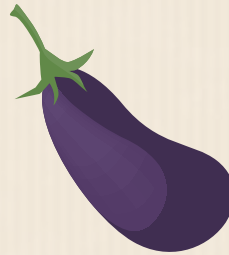
carrot



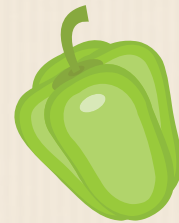
corn



cucumber



eggplant



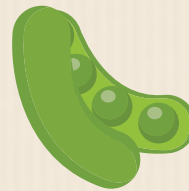
green pepper



lettuce



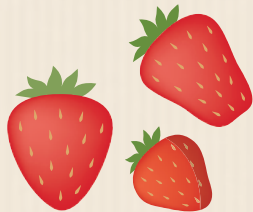
peach



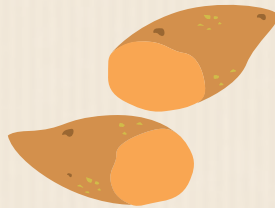
peas



radish



strawberry



sweet potato



tomato



watermelon

Row, row, row your Potato Boat!

Try this tasty dish that is as much fun to make as it is to eat.



Potato Boats

Makes 2 servings

Ingredients

- 1 large potato, baked
- 8 slices of red bell pepper
- 4-6 broccoli florets, steamed
- ½ cup cheese, shredded

Directions

1. Preheat oven to 425 degrees.
2. Wash and dry potato. Prick potato with a fork to allow steam to escape.
3. Bake potato on baking sheet for 45 to 50 minutes, turning the potato half-way through cook time.
4. Once the potato has cooled slightly, slice potato in half the long way.
5. Scoop out middle, mash with cheese, and return to potato.
6. Add bell pepper "oars" and broccoli "people".

Fall



Instant Oatmeal Pancakes

Makes 8 pancakes

Ingredients

- 1 ripe banana, mashed
- 2 packets of instant oatmeal, original flavor
- 2 eggs
- 2 teaspoons baking powder
- ¼ cup flour
- ½ cup milk
- 2-3 teaspoons sugar

Directions

1. Mix all the ingredients together until wet. Be careful not to over-mix.
2. Pour pancake mix onto greased and preheated skillet (about 1/3 cup for each pancake).
3. Flip the pancake when it bubbles on the top and edges curl up slightly.
4. Continue cooking until cooked through.
5. Serve warm, topped with apple compote, maple syrup, or powdered sugar.

Apple Compote

Makes about 10 - 1/4 cup servings

Ingredients

- 1 cup 100% apple juice; plus 2 tablespoons, divided
- 2 tablespoons packed brown sugar
- 1 teaspoon cinnamon
- 3 large apples, peeled and thinly sliced
- 2 teaspoons cornstarch
- ½ teaspoon vanilla extract

Directions

1. Bring 1 cup juice, brown sugar, and cinnamon to a boil in a large saucepan over medium-high heat.
2. Add apples, bring to a simmer and cook, stirring until the apples are tender, 10 to 12 minutes
3. Combine the remaining 2 tablespoons of juice and cornstarch in a small bowl. Stir into the apples and cook, stirring until thickened.
4. Remove from heat and stir in vanilla.



Apples
Asian Pears
Beets
Blackberries
Broccoli
Brussel Sprouts
Cabbage
Cantaloupes
Carrots
Cauliflower
Chard
Collard Greens
Corn
Cucumbers*
Eggplant
Grapes
Green Beans
Green Peas
Herbs
Honeydew
Kale
Lettuces
Lima Beans
Mushrooms
Okra
Onions
Peaches
Pears
Peppers
Plums
Potatoes
Pumpkins
Radishes
Raspberries
Soybeans
Spinach
Summer Squash
Sweet Potatoes
Tomatoes
Turnips
Watermelon
Winter Squash

Chicken Vegetable Creole

Makes 6 servings

Ingredients

- Nonstick cooking spray
- 1 pound boneless skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 14.5 ounce can diced tomatoes
- $\frac{1}{3}$ cup tomato paste
- 2 stalks celery, chopped
- $1\frac{1}{2}$ teaspoons garlic powder
- 1 teaspoon onion powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon ground black pepper
- $1\frac{1}{2}$ cups broccoli florets

Directions

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.

Image and recipe provided by the California Department of Public Health, Nutrition Education and Obesity Prevention Branch.





Lettuce Wraps

Makes 8 servings

Ingredients

- 1/3 cup hoisin sauce
- 1/3 cup soy sauce
- 2 tablespoons grated fresh ginger
- 1 tablespoon sriracha (optional)
- 1 tablespoon rice wine (or any other) vinegar
- 3 cloves garlic, grated
- 2 whole boneless, skinless chicken breasts, cut into strips
- 1/4 cup fresh cilantro or parsley, chopped
- 8 whole butter lettuce leaves
- 1 cup bean sprouts
- 1/2 head of cabbage, thinly sliced (about 1 cup)
- 2-3 large carrots, peeled and cut into short thin strip (about 1 cup)
- 1 large cucumber, cut into short thin strips (about 1 cup)
- Sweet chili sauce for serving

Directions

1. Mix hoisin sauce, soy sauce, grated ginger, sriracha (if using), vinegar, and grated garlic in a large bowl or resealable plastic bag. Add the chicken strips and marinate, refrigerated for 2 hours.
2. Heat a grill or sauté pan over high heat.
3. Remove the chicken from the marinade and cook until cooked through about 2 minutes per side. Transfer to a serving platter and sprinkle with the cilantro or parsley.
4. Set out the lettuce, bean sprouts, cabbage, carrots, and cucumbers on a serving platter.
5. To assemble, use the lettuce leaves to contain the chicken and fillings. Add some chili and hoisin sauce, then roll them up to eat.

Sweet Potato Rice Pudding

Makes 4 servings

Ingredients

- 1/2 cup brown rice
- 4 cups milk
- 2 tablespoons sugar, honey, or maple syrup
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1 cup mashed sweet potato (about 1 large potato)

Directions

1. Preheat oven to 400 degrees and roast sweet potato for 40-50 minutes in aluminum foil.
2. Remove from oven, let cool and scoop out 1 cup.
3. Add rice and milk to a large saucepan.
4. Bring to a boil before decreasing heat to a simmer.
5. Let simmer for 40-50 minutes, stirring occasionally.
6. Add sugar, vanilla, mashed sweet potato, and spices once all liquid has been absorbed and rice has reached pudding consistency. Add additional milk if pudding is too thick.
7. Remove from heat and serve.



Patience works better than pressure.



**Offer your
children
new foods.**

**Let them choose
how much to eat.**

**Kids enjoy a food more when
eating it is their own choice.**

Winter

Apples*
Cucumbers*
Lettuces*
Mushrooms*
Sweet Potatoes
Tomatoes*



Pumpkin Pie Smoothie

Makes 2 servings

Ingredients

- 1 frozen banana
- ½ cup vanilla (or plain) lowfat yogurt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon pumpkin pie spice
- ½ -¾ cup milk
- ½ cup canned pumpkin puree
- ¼ cup rolled oats or 1 packet instant original oatmeal (optional)

Directions

1. If using oats, put them in the blender first and blend until they are a fine powder.
2. Add all other ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth – this may take longer if your blender is not very strong. Scrape down the sides of the blender as needed.
3. Add sugar, honey, or maple syrup, if desired.

Hot Choco-Cherry Cocoa

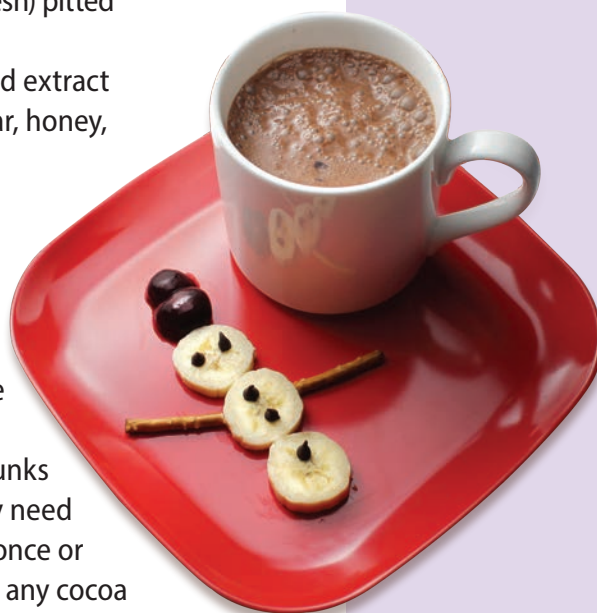
Makes 2 servings

Ingredients

- 2 tablespoons unsweetened cocoa powder
- 2 cups milk
- ⅓ cup frozen (or fresh) pitted sweet cherries
- ¼ teaspoon almond extract
- 2-3 teaspoons sugar, honey, or maple syrup

Directions

1. Combine all ingredients in a blender until cherries are finely chopped and no large chunks appear. You may need to stop and stir once or twice to remove any cocoa powder from the side of the blender.
2. To heat, place liquid in a saucepan and slowly heat on a low setting, being careful to not let it boil. Or, place liquid in a microwave-safe mug and microwave on high for about 60 seconds.



See directions
for freezing
fresh fruits and
vegetables on
page 6.



*Product is available either through storage or greenhouse production



Black Bean Burgers

Makes 6 burgers

Ingredients

- ½ cup onion, finely diced
- ¼ cup bell pepper, finely diced
- 1-2 teaspoons vegetable oil
- 1 cup kale, finely chopped
- 1 clove garlic, peeled and minced
- ½ cup cooked brown rice
- 1½ cups black beans, cooked and drained
- ¼ cup grated cheese (optional)
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ cup breadcrumbs, divided

Directions

1. Sauté the onion, pepper, cumin, kale, and garlic in the oil over medium heat until softened, about 5 minutes (or longer if desired).
2. Drain the beans and mash them coarsely in a bowl. Add the rice and vegetables and mix.
3. Stir in cheese, Worcestershire sauce, salt, and 1 tablespoon of breadcrumbs. Stir to make a stiff dough. Add more breadcrumbs if needed.
4. Shape into 6 patties (about ½ cup each).
5. Coat in remaining breadcrumbs.
6. Fry in a lightly oiled skillet for 3 minutes on each side until golden brown OR bake on an oiled baking sheet at 400 degrees for 20 minutes, or until heated.
7. These may also be formed and frozen.

Oven Roasted Root Vegetable Fries

Makes 6 servings

Ingredients

- 1 large Yukon Gold or Idaho potato, cut lengthwise into wedges
- 2 large sweet potatoes, cut lengthwise into wedges
- 3 large carrots, halved across then quartered lengthwise
- 2 large parsnips, halved across then quartered
- 2 large beets, cut lengthwise into wedges
- 2 tablespoons olive oil
- 1-2 tablespoons fresh rosemary leaves
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees.
2. Scrub and thoroughly dry all vegetables before cutting.
3. Put the cut vegetables in mixing bowl and toss with olive oil and rosemary, coating well.
4. Coat a nonstick cookie sheet with oil and put in the oven for 5 minutes to heat up.
5. Spread vegetables in one layer over the pan and sprinkle with salt.
6. Return pan to the oven and bake for 30 minutes or until vegetables are tender and golden. Turn vegetables every 10 minutes to prevent sticking.



Squash Bisque with Ginger

Makes 10 servings

Ingredients

- 2 teaspoons vegetable oil
- 2 cups onions, sliced
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (about 4 cups)
- 2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
- 2 cloves garlic, peeled and crushed
- 2 tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon ground ginger
- ½ teaspoon dried thyme
- 4 cups chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- ½ cup plain nonfat yogurt
- Salt and pepper to taste

Directions

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger, and thyme; cook, stirring for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup in batches, using a blender or immersion blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.)
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

Recipe and photo: FoodHero.org



A Salad for Every Season

Fresh Asparagus, Tomato and Feta Salad

Makes 5 servings

Ingredients

- ¼ cup balsamic or red wine vinegar
- 1 teaspoon sugar or honey
- Pinch salt and pepper
- 3 tablespoons olive oil
- ¼ teaspoon garlic powder or ½ tsp minced garlic
- ¾ pound asparagus, cut into 1-inch pieces, cooked and drained
- 1 4 ounces feta cheese, crumbled
- 1 large tomato, diced
- 1 green onion, diced
- 2 tablespoons cilantro chopped (optional)

Directions

1. Whisk together vinegar, sugar, salt, and olive oil in a salad bowl.
2. Add the asparagus, feta, tomato, green onion, and cilantro (optional) to the bowl.
3. Toss to coat.
4. Cover and refrigerate for an hour before serving.



Sweet Potato and Kale Salad

Makes 4 servings

Ingredients

- 2 sweet potatoes (about 2 pounds), cut into $\frac{3}{4}$ inch cubes
- 5 tablespoons olive oil
- Salt and pepper
- Pinch garlic powder (optional)
- 2 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 2 small bunches or 1 medium bunch curly kale, thick stems removed and leaves torn into bite size pieces (about 10 cups)
- 1 Honeycrisp or Fuji apple, thinly sliced
- $\frac{1}{4}$ cup chopped walnuts, lightly toasted (optional)
- 4 ounces shredded parmesan or other cheese

Directions

1. Preheat oven to 400 degrees.
2. Toss the sweet potatoes with 2 tablespoons of the oil and $\frac{1}{4}$ teaspoon each of salt and pepper on a baking sheet.



3. Roast, rotating the sheet and tossing the potatoes halfway through, until lightly browned and tender, 18 to 20 minutes. Let cool slightly.
4. Meanwhile, whisk together the lemon juice, mustard, the remaining 3 tablespoons of oil, $\frac{1}{4}$ teaspoon each salt and pepper, and garlic powder (optional) in a large bowl.
5. Add the kale and rub together with clean hands to tenderize and coat the leaves. Add the apple, walnuts (optional), and sweet potatoes and toss to combine.
6. Serve the salad with the shredded cheese.

Apple Cranberry Salad Toss

Makes 6 servings

Ingredients

- 1 head of lettuce, washed and chopped
- 1 medium apple, washed and chopped
- $\frac{1}{3}$ cup walnuts, chopped (optional)
- $\frac{3}{4}$ cup dried cranberries
- $\frac{1}{2}$ cup green onions, washed and sliced
- $\frac{1}{2}$ cup low-fat vinaigrette dressing

Directions

1. Combine lettuce, apples, walnuts (optional), cranberries, and onions in a large bowl.
2. Add dressing; toss to coat.
3. Serve!

Recipe and photo: FSNE, Maryland's SNAP-Ed Program



Fruit Salad with Jicama

Makes 6 servings

Ingredients:

- | | |
|---|------------------------------------|
| 1 jicama, cut into thin strips | 1 mango, cut into cubes |
| 1 kiwi, cut into cubes | 1 lime, juiced |
| 1 papaya, cut into cubes | ¼ teaspoon salt (optional) |
| 2 cups watermelon or cantaloupe, cut into cubes | ¼ teaspoon chili powder (optional) |

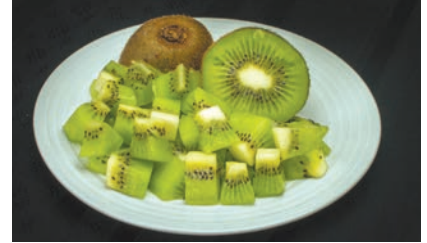
Follow these step-by-step directions:



Step 1. Assemble and wash all fruit before cutting.



Step 2. Peel the jicama and then cut into thin strips.



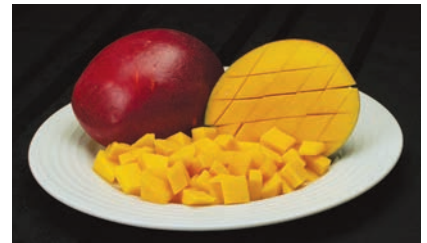
Step 3. Peel the kiwi and cut into cubes.



Step 4. Remove the seeds from the papaya, peel and cut into cubes.



Step 5. Cut watermelon into cubes.



Step 6. Cut sides off mango. Make cross cuts on each slice and slice away from the peel to make cubes.



Step 7. Pour lime juice onto fruit and stir.



Step 8. If using, mix the salt and chili powder in a small bowl. Sprinkle over the fruit.



Step 9. Put in the refrigerator to chill before serving. **Enjoy!**

Recipe and photos: FSNE, Maryland's SNAP-Ed Program



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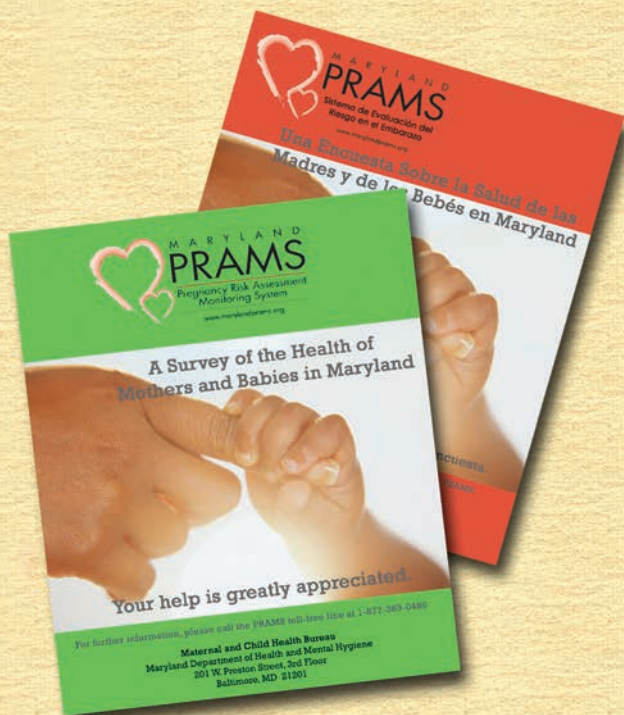
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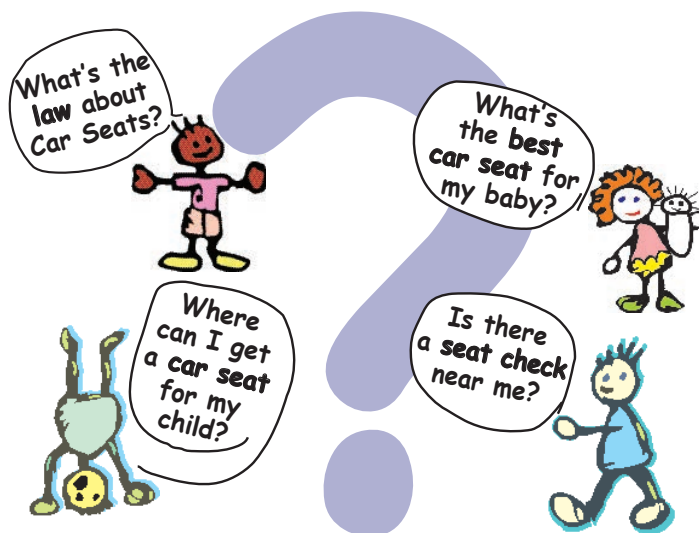


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